

# Lynn Senior Center Newsletter

LCOA Senior Center • 8 Silsbee Street, Lynn, MA 01901

781.599.0110

**JUNE  
2010**

**ISSUE 166**

**PUBLISHED MONTHLY**

HONORABLE JUDITH F. KENNEDY

Mayor of Lynn

STACEY MINCHELLO

Editor / Senior Center Director

This Publication is sponsored financially by the City of Lynn & the Executive Office of Elder Affairs

## FROM THE MAYOR....

In only five months as mayor, I have had the opportunity to meet and interact with many people who take great pride in our city, and it is always encouraging to see that pride come forth.

Pepsi sponsored a cleanup of High Rock Reservation on May 15, after it was rained out on May 8. Volunteers showed up ready to work, and rakes, gloves and other materials were supplied. Refreshments were provided by Pepsi throughout the day. We're grateful for the support of Pepsi and everyone who helped beautify this historical site.

There are several additional fundraisers scheduled in the coming weeks to raise money for the July 3 fireworks display. There will be an event at the Porthole restaurant on June 2 from 5-9 p.m., a golf tournament at Gannon Golf Course June 11 at 3:30 p.m., and a night at the North Shore Navigators baseball game on June 12 at 6:15. If you are interested in participating in any of these events, please contact Mary Chalmers at [mchalmers@ci.lynn.ma.us](mailto:mchalmers@ci.lynn.ma.us) or 781-586-6850.

This is always an exciting time of year as we prepare to wish our high school seniors good luck as they move on to the next phase of their lives. I am looking forward to attending all four high school graduations in the City, and I am especially honored to have been asked to deliver the commencement address at Lynn English's graduation at Manning Field.

We continue to monitor the situation with the proposed Lowe's and Walmart project on Highland Avenue on the Lynn-Salem line. I am working with the City Council as well as our state delegation to ensure that the concerns we have are clearly heard by our friends in Salem.

Best wishes,

*Mayor Judith Flanagan Kennedy*

## FROM THE DIRECTOR....

**SAY WHAT YOU MEAN  
MEAN WHAT YOU SAY  
AND DON'T SAY IT MEAN...**



The hardest part of my job is to handle complaints when everyone is finding fault. I partially blame this last bout on the full moon. I want you to know your opinion does matter. I listen with care, observe with intent and monitor all issues. Sometimes there is no resolution, but to listen. Other times resolutions take time and require careful approaches. That is part of being in management. I urge all seniors to respectfully leave the decision making to me.

Our goal is to provide a safe environment where elders can socialize, enjoy a nutritious meal, participate in an activity, a class or enjoy one of our trips. The Lynn Council on Aging must follow guidelines and regulations. An elder is considered aged 60 and over. The LCOA services people 50 and over if disabled. We cannot and will not ever refuse a person access to the senior center based on race, ethnic background, income, sexual orientation, citizenship, or language capacity. Each participant must be able to care for themselves and interact independently, appropriately and not pose a risk.

Never assume that you know someone's situation. I ask with deep concern that you all be kind to each other. Life is too short. Please let us handle situations that may arise.

I cannot stop you from choosing to discuss issues amongst yourselves but I do ask that you direct your concerns to me and not towards a participant. Please realize that gossip, idle talk and hear say are counterproductive.



# JUNE HAPPENINGS!



<b>Tues, June 1st</b>	<b>Birthday Karaoke Bash ☺</b> .....	<b>11:30 a.m. – 1: 00 p.m.</b>
<b>Weds, June 2nd</b>	<b>HAIR SALON HOURS – Walk in or appointments at the senior center</b> .....	<b>9:00 a.m. to 1:00 p.m.</b>
Weds, June 2nd	Field Trip: Salem Willows \$2 .....	11:00 a.m. – 1:30 p.m.
Weds, June 2nd	Strength Exercise \$5.....	11:30 a.m. – 12:15 p.m.
	REIKI sessions by appointment \$10 per 15 minutes.....	12:30 p.m.
Thurs, June 3rd	T.O.P.S. Taking Off Pounds Sensibly .....	10:00 a.m. – 11:00 a.m.
Thurs, June 3rd	Wii BOWLING CHALLENGE vs. BEVERLY COA .....	12:00 p.m. Game Room
<b>Fri, June 4th</b>	<b>Food Stamps Assistance “SNAP”</b> .....	<b>9:00 a.m. to 3:00 p.m.</b>
Fri, June 4th	Strength Exercise \$5.....	11:30 a.m. – 12:15 p.m.
Tues, June 8th	Blood Sugar Clinic “Lucy Booth” Open!.....	8:30 a.m. – 10:00 a.m.
	Nurse available for your questions.	
<b>Weds, June 9th</b>	<b>HAIR SALON HOURS – Walk in or appointments at the senior center</b> .....	<b>9:00 a.m. to 1:00 p.m.</b>
<b>Weds, June 9th</b>	<b>PENNY SALE!!! \$1 per ticket</b> .....	<b>11:00 a.m. to 12:00 p.m.</b>
	<b>Sponsored by the FRIENDS of LCOA</b>	
Thurs, June 10th	T.O.P.S. Taking Off Pounds Sensibly .....	10:00 a.m. – 11:00 a.m.
<b>Thurs, June 10th</b>	<b>“REMEMBER REVERE BEACH” ...a nostalgic movie!</b> .....	<b>12:00 p.m.</b>
Fri, June 11th	Strength Exercise \$5.....	11:30 a.m. – 12:15 p.m.
<b>Tues, June 15th</b>	<b>Casino Trip: FOXWOODS \$25 prepaid reservation</b> .....	<b>7:00 a.m. – 6:30 p.m.</b>
<b>Weds, June 16th</b>	<b>Hair Salon Hours</b> .....	<b>9:00 a.m. – 1:00 p.m.</b>
Weds, June 16th	Free Seminar: Blue Cross Blue Shield Health Plan Options.....	12:00 p.m. – 12:45 p.m.
Weds, June 16th	Field Trip: Abbott House cookout and horseracing \$2.....	10:30 a.m. – 1:00 p.m.
Weds, June 16th	Strength Exercise \$5.....	11:30 a.m. – 12:15 p.m.
	REIKI sessions by appointment \$10 per 15 minutes.....	12:30 p.m.
Thurs, June 17th	T.O.P.S. Taking Off Pounds Sensibly .....	10:00 a.m. – 11:00 p.m.
Thurs, June 17th	Field Trip: Pilgrim Rehabilitation cookout and horseracing \$2.....	10:30 a.m. – 1:00 p.m.
Fri, June 18th	Live Entertainment! Dick Lynn .....	11:30 a.m. – 12:30 a.m.
<b>Fri, June 18th</b>	<b>Boston Food Bank: Brown Bag</b> .....	<b>10:00 a.m. – 12:30 p.m.</b>
<b>Fri, June 22nd</b>	<b>Field Trip: Castle Island \$2</b> .....	<b>10:30 a.m. – 1:00 p.m.</b>
Tues, June 23rd	Blood Pressure Clinic “Lucy Booth” Open .....	8:30 a.m. – 10:00 a.m.
	Nurse available for your questions.	
<b>Weds, June 23rd</b>	<b>FOSTERS LOBSTERBAKE \$65</b> .....	<b>8:30 a.m. – 5:30 p.m.</b>
	<b>&amp; Hampton Beach sandcastle tour</b> .....	<b>Pre paid reservation required</b>
<b>Weds, June 23rd</b>	<b>Hair Salon Hours</b> .....	<b>9:00 a.m. - 1:00 p.m.</b>
Weds, June 23rd	Strength Exercise \$5.....	11:30 a.m. – 12:15 p.m.
	REIKI sessions by appointment \$10 per 15 minutes.....	12:30 p.m.
<b>Thurs, June 24th</b>	<b>FRIENDS MEETING</b> .....	<b>10:00 a.m. – 11:00 a.m.</b>
Thurs, June 24th	T.O.P.S. Taking Off Pounds Sensibly .....	10:00 a.m. – 11:00 a.m.
<b>Fri, June 25th</b>	<b>UNITED FOR ELDERS EXPO \$2</b> .....	<b>8:00 a.m. – 3:00 p.m.</b>
	<b>UMASS BOSTON-Free lunch, craft fair, exhibits</b> .....	<b>sign up limited to 12</b>
Fri, June 25th	Strength Exercise \$5.....	11:30 a.m. – 12:15 p.m.
<b>Fri, June 25th</b>	<b>Massage Therapy Appointments \$5</b> .....	<b>1:00 p.m. – 3:00 p.m.</b>
Tues, June 29th	FIELD TRIP: Scrapbooking at AC Moore’s \$2 .....	10:30 a.m. – 2:30 p.m.
	BRING YOUR PHOTOS: design one page of scrapbooking. Lunch at mall on own.	
Weds, June 30th	Field Trip: Salem Willows \$2.....	11:00 a.m. – 1:00 p.m.
Tues, June 1st	Birthday Karaoke .....	11:30 a.m. – 1:00 p.m.
<b>Thurs, July 1st</b>	<b>INDEPENDENCE DAY BBQ ticket required</b> .....	<b>11:00 a.m. – 2:30 p.m.</b>
<b>Fri, July 2nd</b>	<b>Food Stamp Appointments</b> .....	<b>9:30 a.m. – 3:00 p.m.</b>
<b>Mon, July 5th</b>	<b>Happy Fourth of July!</b> .....	<b>Center is closed</b>

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## 2010 Lynn Senior Center Trip Schedule

### CASINO TRIPS:

*Due to the lack of interest in Mohegan Sun all our casino trips will go to Foxwoods.*

*We apologize to those who had their heart set on Mohegan Sun and will assist in seeking out trip dates to Mohegan through other area senior centers.*

### FOXWOODS \$25

*Every 3rd Tuesday of the month*

*March – November*

*Leaves promptly at 7 a.m.*

*We cannot wait for anyone.*

*Returns approximately at 6:30 p.m.*

JUNE 15th

JULY 20th

AUGUST 17th

SEPTEMBER 21st

OCTOBER 19th

NOVEMBER 16th

Reservations are mandatory. Walk-in and mail-in reservations accepted.

Mail in registrations must be sent to 8 Silsbee Street, Lynn, MA Attn ROSA. Do not mail cash. Send checks only. A sign up form for each passenger must be filled out in its entirety including emergency contact information. No reservation is confirmed until you hear from us. We will confirm receipt no later than three days prior to the trip. Mailing deadline for trips is seven business days prior to departure. Deadline for casino mail in reservations is the first Friday of every month. Any questions? Please call.

### FOSTER'S LOBSTER BAKE \$65

**JUNE 23rd, Wednesday • 8:30 a.m. – 5:30 p.m.**

Clam Chowder, Mussels, Clams, corn on the cob, potatoes and onions, blueberry cake and LOBSTAH! BBQ chicken available as an alternate.

Live entertainment and gift shop visit. Hampton Beach International Sand Sculpture contest.

### SCALLOP FESTIVAL \$60

**SEPTEMBER 24th, Friday • 8:30 a.m. – 5:30 p.m.**

Bourne scallop festival, enjoy a scallop dinner or apricot chicken. Enjoy a narrated 90 minute cruise tour around the Cape Cod Canal

### Atlantic City

**NOVEMBER 8th-10th**

**\$165 Triple**

**\$170 Double**

**\$240 Single**

**TROPICANA HOTEL**

\$20 Cash Bonus

\$20 Casino Show

Two Meals (Breakfast & Dinner)

Departs PROMPTLY at 7:00 a.m.

Leaves Atlantic City on November 10th at 1:00 p.m. Arrive back in Lynn approximately 8:00 p.m.

Budget Plans available for those who choose:

- Double occupancy rate
- \$34 payment x 5 months (May – September)

*Increase the amount of your payment and you'll have saved for spending money. All payments are contracted and secure in a locked safe.*

### PLEASE ACKNOWLEDGE OUR SPONSORS

Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through out JCAHO accreditation.

#### Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Chrissy Palermo or Cathy Davis in admissions for more information.



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## COMPUTER CLASSES

Temporarily postponed pending the hire of a new instructor

COMPUTER CLASSES will resume as soon as a new instructor is hired. We apologize for the inconvenience; but welcome you to call and add your name to the list, so we may call you when they start back up.

## IMPORTANT NOTICE FOR SENIORS AND DISABLED SNAP APPLICANTS

Claiming monthly medical expenses on your SNAP application can be the difference between eligibility and ineligibility.

For current SNAP recipients, notifying your caseworker of previously unclaimed monthly medical expenses may increase your food stamp benefits.

A minimum \$90 deduction is available for elders and disabled individuals whose monthly medical expenses are over \$35. In many instances the deduction may be much higher.

**Even if you have been denied in the past, a review of your medical expenses may provide you with enough deductions to be eligible.**

For more information please call: The FoodSource Hotline  
1-800-645-8333

**Thank you to all the sponsors that supported the  
Lynn Council on Aging Health Fair**

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GLSS Long Term Care Options

GLSS Nursing Education

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## WELLNESS WATCH – JUNE 2010

### Medicines and You

Over the past several years we have met with groups of men through the GLSS Men's Health Education Research Program. We asked the men what some of their concerns are in relation to health. One of the challenges they mentioned is getting information from health care professionals about medicines and their safe use. The following suggestions are appropriate for all of us, men and women of any age.

#### **Don't let problems with medicines or alcohol slow you down.**

- Talk with your doctor or pharmacist about all your medicines. Ask questions until you get the answers you need. Talk with your doctor if you have side effects, or changes in how you feel.
- Know both your prescription and over-the-counter medicines. Use them correctly and safely. Don't use anyone else's medicine.
- Find out if over-the-counter medicine (non-prescription) or supplements interact with your prescription medicines. Interactions can be dangerous. Examples are laxatives, cough medicines, vitamins, minerals, dietary or herbal supplements.
- Be aware that alcohol affects older people more than younger ones. It can interact with medicine and cause major problems.
- Talk with your doctor to see if alcohol use is safe for you.
- Watch for problems such as memory changes, frequent falls, sleep changes or depression. Medicine side effects, alcohol or a combination may be the cause.
- Use prescription pain relievers correctly. If misused, you could become addicted or experience other problems.
- Keep a list of your medicines and over-the-counter supplements with you, on your refrigerator and in your car.

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#### **Resources**


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**"File of Life"** is a card that lists your name, emergency medical contacts, medicines and other important health information can be placed on your refrigerator. To receive one drop by the Lynn Senior Center

**MassMedLine** is a free service from the Massachusetts College of Pharmacy and Health Sciences and the Massachusetts Executive Office of Elder Affairs. General information and individual assistance with medication management are provided. 1-888-633-1617 or [www.massmedline.com](http://www.massmedline.com)

**Healthy Aging: Medications and Alcohol** is a free booklet that gives information and suggestions about medicines. Also included is information about safe alcohol use.  
1-800-952-6637 [www.maclearinghouse.com](http://www.maclearinghouse.com)

**Susan H. Brown**, GLSS Community Education Nurse 781-599-0110

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5/31 <b>HOLIDAY</b>  <b>NO MEAL SERVICE</b></p>	<p>1 Hot Dog/Roll Veggie Baked Beans Cole Slaw <b>ALTERNATIVE</b> Beef Patty/Onion Gravy Veggie Bk Beans/Slaw</p>	<p>2 Lasagna/Meat Sauce Roman Blend Veggies Chilled Peaches <b>ALTERNATIVE</b> Southern Chicken/Cream Sauce Whipped Potato/ Veggie</p>	<p>3 Boneless Chix Supreme Jardinière Blend Veggies Lyonnais Potato Fresh fruit <b>ALTERNATIVE</b> Manicotti/Veggies</p>	<p>4 Italian Wedding Soup Sliced Turkey Potato Salad Chilled Mixed fruit <b>ALTERNATIVE</b> Tuna Salad/Potato Salad</p>
<p>7 Tyson Chix Bruschetta Sour Cream Whipped Potato Italian Green Beans Mini Muffin Chilled Applesauce <b>ALTERNATIVE</b> Salsbury Steak/Gravy</p>	<p>8 Spring Garden Soup Shaved Roast Beef/WW/ Pita Ghaia Salad Cookie <b>ALTERNATIVE</b> Egg Salad/WW/ Pita Ghaia Salad</p>	<p>9 Fiesta Fish Creole Whipped Potato Glazed Carrots Fresh Fruit <b>ALTERNATIVE</b> Spanish Beef Tips Yellow Rice/Carrots</p>	<p>10 Mac &amp; Cheese Green &amp; Golden Beans Baked Tomato Half Chilled Pears <b>ALTERNATIVE</b> Liver &amp; Onions/Gravy Whipped Potato/Tomato</p>	<p>11 Swedish Meatballs/Gravy Scalloped Potatoes Peas &amp; Onions Scall Bread Jell-o <b>ALTERNATIVE</b> Chicken Marsala</p>
<p>14 Boneless Oriental Chicken Veggie Lo Mien Broccoli Chilled Peaches <b>ALTERNATIVE</b> Beef Rib-B-Q/Gravy Lo mien/Broccoli</p>	<p>15 Stuffed Cabbage/Sauce Butternut Squash Wax Beans Pudding <b>ALTERNATIVE</b> Chix Patty/Roll Squash/ Wax Beans</p>	<p>16 Beef Veggie Soup Ham &amp; Cheese Quiche Parsley Potato Chilled Mixed fruit <b>ALTERNATIVE</b> Boneless Chix Florentine Potato/Veggie</p>	<p>17 <b>Father's Day Special</b> Cranberry Juice Burgundy Glaze Pot Roast Wild Rice Green Beans Almandine Snowflake Dinner Roll Raspberry Cookie</p>	<p>18 Meatloaf/ Gravy Seasoned red Bliss Potato Stewed Tomato Mini Muffin Fresh Fruit <b>ALTERNATIVE</b> Pier 17 Fish</p>
<p>21 American Chop Suey Spinach Garlic Roll Chilled Applesauce <b>ALTERNATIVE</b> Chix Tenders w/Sweet &amp; Sour Sauce</p>	<p>22 Potato Crunch Fish O'Brien Potatoes Country Blend Veggies Fresh Fruit <b>ALTERNATIVE</b> Meatball/Sub Potato/Veggie</p>	<p>23 Apple Glaze Roast Pork Veggie Ratatouille Oven Browned Potatoes Jell-o <b>ALTERNATIVE</b> Boneless Herb Chicken Ratatouille/Potato</p>	<p>24 Cream of Broccoli Soup Tarragon Tyson Chicken Garlic Whipped Potato Chilled Peaches <b>ALTERNATIVE</b> Salsbury Steak/ Gravy Potato</p>	<p>25 Chef Salad/WW Roll French Dressing Macaroni salad Cake <b>ALTERNATIVE</b> Tuna Salad Tossed Salad</p>
<p>28 Roast Turkey/ Gravy Sweet Potato Peas &amp; Mushrooms Chilled Pineapple <b>ALTERNATIVE</b> Pulled BBQ Pork Sweet Potato/Veggies</p>	<p>29 Mild Chili/Cheddar Cheese Steamed Rice Tossed Salad Mandarin Oranges <b>ALTERNATIVE</b> Boneless Teriyaki Chicken Tossed Salad/ Rice</p>	<p>30 Potato Leek Soup Chicken Caesar Salad Cake <b>ALTERNATIVE</b> Seafood Salad Carrot &amp; Pineapple Salad</p>	<p>7/1 <b>Independence Day Celebration</b> <b>Ticketed Event</b> Hamburger Watermelon Ice Tea Ice Cream </p>	<p><b>June 2010</b></p>

# Elder Service Plan of the North Shore, Inc.



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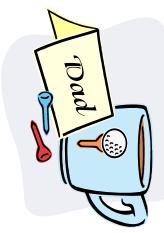

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## SENIOR CENTER ACTIVITIES **JUNE 2010**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:00-11:00 Computer Class: Intro	9:45-10:45 POKENO	9:30 -1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING CLASSES	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
10:45-12:30 LUNCHEON	10:00-11:30 OIL PAINTING CLASS	9:30-11:00 ARTS & CRAFTS	10:00-11:00 T.O.P.S.	10:00-11:30 KNITTING & CONVERSATION
11:15- 12:15 Computer Class Word	10:45-12:30 LUNCHEON	9:30-11:00 WHIST	10:30-12:00 ACRYLIC PAINTING CLASSES	10:45-12:30 LUNCHEON
11:30-12:15 EXERCISE CLASS	12:30-2:30 CRIBBAGE	10:45-12:30 LUNCHEON	12:45 - 1:45 LINE DANCING	11:30-12:15 EXERCISE CLASS
12:00-1:00 MEN SPORTS CLUB	1:00-2:45 POKENO	11:30-12:15 EXERCISE CLASS	1:30-3:30 JAPANESE BUNKA EMBROIDERY	1:15-2:45 BINGO
12:30-1:30 Computer Class: Internet		1:00 - 3:00 MOVIE		
1:15-2:45 BINGO		1:00-3:00 'PENNY ANTE' POKER	2:00-3:00 HORSE RACE GAME	

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## THE FRIENDS OF THE LYNN COUNCIL ON AGING CAMPAIGN

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make checks payable to: the FRIENDS of LCOA

Please accept my donation of \$ \_\_\_\_\_

in memory of \_\_\_\_\_

in honor of \_\_\_\_\_

Send card to: \_\_\_\_\_

Donated by: \_\_\_\_\_

*Thank you.*

**Thank you...**

Romy Bennett for you generous donation in acknowledgement of all the wonderful things we do at the Lynn Senior Center!

*In loving memory of...*



*Paul T. Loiselle  
~ MaryLou Fortier*



*Al and Eunice LaBossiere for Mother's & Father's Day  
~ Gail Gauvain*

*Stewart & Lillian Shields and Arthur & Francis Wilson  
~ Jean DiGregorio*

**LYNN HOME for ELDERLY PERSONS/ SHORE VIEW HOUSE**  
AN AFFORDABLE ALTERNATIVE TO ASSISTED LIVING  
FOR GREATER LYNN RESIDENTS



**1 Atlantic Terrace, Lynn**

**781-593-8099**



## Wedding Anniversaries

B	F	K	O	P	J	X	L	A	N	R	J	T	W	R
Z	Y	T	U	L	G	I	R	A	C	N	N	X	Y	J
K	J	K	S	A	P	P	H	I	R	E	Q	R	A	B
X	N	O	T	T	O	C	D	X	Y	J	E	L	L	J
X	C	K	D	I	S	L	A	F	S	T	D	C	P	P
K	G	D	V	N	R	I	X	T	T	I	P	H	C	E
X	H	O	Z	U	O	F	E	O	A	K	N	I	R	A
C	R	A	B	M	U	E	P	M	L	B	O	N	P	R
Y	E	Y	K	P	L	L	O	R	E	H	T	A	E	L
B	P	G	D	W	E	N	C	B	B	R	O	N	Z	E
U	A	G	O	L	D	K	E	O	D	U	A	B	X	T
D	P	O	J	Z	A	H	T	N	R	E	V	L	I	S
W	D	B	L	K	O	C	C	U	I	A	X	Y	D	I
Q	H	V	G	M	J	O	E	C	Q	L	L	V	C	L
H	X	X	D	S	P	Q	M	H	Z	G	V	P	M	K

### Word List

Bronze

China

Coral

Cotton

Crystal

Diamond

Emerald

### Gold

Ivory

Lace

Leather

Linen

Paper

Pearl

Platinum

### Pottery

Ruby

Sapphire

Silk

Silver

Steel

Wood



### Free Creative Event!

#### Scrapbooking at AC MOORE

June 29th

10:30 a.m. departure from senior center

11 am – 12 pm class

12:00 – 2:30 p.m. Mall

Max: 12 people

Sign up at senior center



### Chestnut Gardens APARTMENTS

301 Essex Street • Lynn, MA 01902  
An MB Rental Community

### - ATTENTION SENIORS! -

Friendly Residential Housing Offering  
Many Amenities to its ResidentsAir Conditioning • Off-street Parking  
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FREE no-obligation assessment call**781-245-1880**online at [www.abchhp.com](http://www.abchhp.com)

233 Albion Street Wakefield

**Committed to Life at Home**

## 4th Annual Independence Day

### BBQ Celebration

Lynn Senior Center

Thursday, July 1st

11:30 a.m. – 2:30 p.m.



## BEWARE!

It has come to our attention that persons posing as Census workers have been visiting households looking for payments in return for assisting you with completing your Census form.

Please read:

- The Census bureau does **NOT** conduct the 2010 Census via the Internet nor send emails. Do not open any emails or attachments that refer to the Census.
- The Census bureau will **NEVER** ask for your social security number, ask for money or donations, send requests on behalf of a political party, and request PIN codes, passwords, bank account info or credit cards info.
- The Census bureau will **NOT** information about your taxes or income.
- Always check for a valid Census ID badge when they come to your door. Their badge will have their picture on it, the Department of Commerce watermark and an expiration date. You can also ask for their supervisors contact information and the telephone number for the regional office.
- DO NOT UNDER ANY CIRCUMSTANCES let the worker in your home.

## "FOUR GUYS IN TUXES"

### Live entertainment

Hamburgers/Hot dogs, etc.

\$3.00 suggested donation



Tickets will be distributed only at the Senior Center starting June 10th at 9 a.m.

One ticket per person.

No phone calls, please.

Limit of 225 seniors



*This event is sponsored by fundraising efforts of the FRIENDS*

## SCRATCH TICKET RAFFLE

Bring in an unscratched scratch ticket. For every \$1 ticket value you will be entered in the drawing to win all the scratch tickets. Winner will be drawn at the cookout!

## WELCOME TO THE TEAM!

It is with great delight that we welcome

**Kristy Harris**

to the Lynn Senior Center.

Kristy will join the team on June 1st as our Activities Director. If you remember Kristy was a North Shore Community College intern for us back a year ago. Kristy lives in Lynn and is Mom to her 4 year old son, Brandon and her 1 year daughter Allison.

## MOVIES...

**every Wednesday!**



*Free Popcorn and soda*

*Wide Screen Plasma Home Theatre System*

June 2	Legally Blonde.....PG-13	2001
June 9	Butterfield 8 .....	NR 1960
June 16	The Time Traveler's Wife .....	PG-13 2009
June 23	With a Song in My Heart.....	NR 1952
June 30	Blind Side .....	PG-13 2009

*Is there a flick you want to see?*

*Call us or email us?*

*Movies are subject to availability.*

***Have you or a friend that is 50 or older experienced abuse? We can help women throughout the North Shore.***

Domestic violence against older women is devastating to the victim, robbing her of health, dignity, and sometimes her life. Older women suffer physical, sexual, emotional and financial abuse at the hands of spouses or partners just as younger women do.

An abused older woman may be harder to spot since the abuse may not be physical, and she may be more isolated due to lack of transportation and/or health problems. She may be in a long-term relationship and be fearful of financial hardship if she leaves her abuser.

Greater Lynn Senior Services offers a specialized program that includes counseling, advocacy, and in-home support services to help victims of partner abuse. We provide resources through links to other services from GLSS and its partner agencies to help you live safely and independently in the community. Through outreach and education, the program also tries to increase public and professional awareness about the issue of partner abuse. For more information about our program, call (781) 586-8551.

**Are You a Hospital Inpatient or Outpatient?**

**If You Have Medicare – Ask!**

Did you know that even if you stay in the hospital overnight, you might still be considered an “outpatient?” Your hospital status (whether the hospital considers you an “inpatient” or “outpatient”) affects how much you pay for hospital services (like X-rays, drugs, and lab tests.) Your hospital status may also affect whether Medicare will cover care you get in a skilled nursing facility.

If you are in the hospital more than a few hours, always ask your doctor or the hospital staff if you are an inpatient or an outpatient.

**Friday June 25th  
United for Elders Expo!**

***Free!***

UMass Boston  
Information  
Craft Fair/Exhibit Fair  
Lunch Provided

Bus leaves Lynn Senior Center at 8:00 am

Bus leaves Boston at 3:00 pm latest

**A LOT OF WALKING FOR THIS EVENT!!**

Sign up - Maximum of 12 people

From the JFK T station (Red Line)

Free UMASS Shuttles are available

617 277 7416 X334 for more info/questions

**Goldfish Pond MEMORIES**

This year, the Goldfish Pond Association (GPA) is celebrating its 30th Anniversary. In commemoration of this event, the GPA is seeking historical information about Goldfish Pond from the community. This will help us produce a comprehensive history of the pond. The Goldfish Pond as we know it today was built in 1870. Many changes have occurred over the years including bandstands, fountains, and vegetation. In addition, many community events were centered at this picturesque park throughout the centuries. The GPA is asking for assistance from the community. Please check your old photo albums and memorabilia for Goldfish Pond history. In particular, photos from the time period 1900 to 1970 are of great interest. Stories about the pond are also welcome. We would love to hear from you! A celebration of the GPA Anniversary is scheduled for the Fall 2010. For questions and more information please send an email [GOLDFISHPONDHISTORY@YAHOO.COM](mailto:GOLDFISHPONDHISTORY@YAHOO.COM) or call the GPA Historian Trish Greene 781-593-9539. Photos or memorabilia with permission will be scanned and returned. Thank You!

**LYNN  
COUNCIL ON AGING**

John W. Baker

✱

Edmund Brown

✱

Dorothy Davis

✱

Daniel P. Hanlon

✱

George Meimeteas

✱

Charles Mitchell

✱

John Peterson

✱

Victoria Serwatka

✱

Frances Taggart

**LYNN COUNCIL ON AGING SENIOR CENTER**

8 SILSBEE STREET  
LYNN, MASSACHUSETTS 01901  
(781) 599-0110

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# HEALTH FOCUS PROGRAM



## LYNN SENIOR CENTER

**JUNE 2010**

**BLOOD SUGAR TESTING  
FOR DIABETICS**

June 8th

8:30 am - 10:00 am

*(Nurse available during these clinics  
for any health questions.)*

**BLOOD PRESSURE**

June 22nd

8:30 am - 10:00 am

*(Nurse available during these clinics  
for any health questions.)*

**MASSAGE THERAPY**

June 25th

1:00 pm - 3:00 pm  
*Call for appointment*

**PODIATRIST**

June 8th - 10:00 am  
*Call for appointment.  
Bring insurance card*

**HAIR SALON**

Wednesdays  
9:00 am - 1:00 pm  
*Walk-ins or appointments*